Exploring the Psychosocial Undertones of Excessive Alcohol Consumption in Indian Spouses

SHORT SYNOPSIS

Submitted in partial fulfilment of the requirement of the degree of

DOCTOR OF PHILOSOPHY

to

Manav Rachna International Institute of Research and Studies

(Deemed to be University)

by

Srishti Singh Kaira

(Registration number- 22-23/PhD/W/003)

Under the supervision of

Supervisor

Dr. Anika Magan

Assistant Professor

Department of Applied Psychology

Joint Supervisor

Prof (Dr) Priyanka Srivastava

Professor

Department of Clinical Psychology

Department of Applied Psychology

School of Behavioural and Social Sciences

Manav Rachna International Institute of Research & Studies

Sector-43, Surajkund-Delhi Road, Faridabad-121004

SCHOOL OF BEHAVIOURAL AND SOCIAL SCEINCES

Certificate

I hereby declare that the short synopsis "Exploring the Psychosocial Undertones of Excessive Alcohol Consumption in Indian Couples" being submitted in partial fulfilment of the requirement for the degree of Doctor of Philosophy in the Department of Applied Psychology, under the School of Behavioural and Social Sciences, of Manav Rachna International Institute of Research and Studies, Faridabad during the academic year 2024-25. It is a bona fide record of original work carried out under the supervision of Dr. Anika Magan and has not been submitted in full or part to any other university of institute for degree or diploma. Further, it is certified that short synopsis is plagiarism free and proof has been submitted.

23/09/24

Srishti Singh Kaira

(Registration number- 22-23/PhD/W/003)

Dr. Anika Magan

Assistant Professor, Department of Applied Psychology

School of Behavioural and Social Sciences

09/09/24

(Chairperson, DRC)

10/9/24

(Dean, School of Behavioural and Social Sciences)

Abstract

Excessive alcohol consumption can take up forms of chronic and complex mental health conditions, causing severe psychophysiological and social distress to the diagnosed individual, as well as to the people around them. Specifically, the spouses looking after the daily needs of these patients, and providing informal care to them, are at a higher risk of psychological discomfort, burden, and violence. However, there seems to be a lack of Indianized theories that explain the phenomena of alcohol consumption and its influence on the lives of couples as a unit. There also exists a gap in the in-depth exploration of psychological and social reasons that maintain this harmful habit. Hence, the present qualitative research aims to explore these undertones of excessive alcohol consumption, and construct a culturally appropriate theory that explains its impact on the marital relationship. It uses Grounded Theory methodology, following Charmaz's Constructivist school of thought. Data will be gathered using a self-constructed, expert-rated semi-structured interview schedule. In order to substantiate the findings from the primary data, the study also uses secondary literature, which will be analysed through PRISMA guidelines. This will guide the theory construction process, ensuring that the research presents a holistic and in-depth perspective. Expected outcomes involve highlighting the psychosocial intricacies of excessive alcohol consumption in the consumer; and, a comprehensive theory that explains its influence on Indian couples.

Keywords- Excessive Alcohol Consumption, Constructivist Approach, Exploratory Study, Grounded Theory, Spouses, Psychosocial Undertones

Table of Contents

	Certificate	i
	Abstract	ii
	Table of Contents	iii

S.no	Description	Page no.
1.	Introduction	1-5
	1.1 Excessive Alcohol Consumption- Epidemiological and Biomedical Viewpoint	
	1.2 Psycho-Socio-Cultural Aspects of Excessive Alcohol Consumption	
	1.3 Spouses of Individuals with Excessive Alcohol Consumption	
2.	Literature Review	5-7
3.	Rationale	8-9
4.	Research Methodology	9-16
	4.1 Aim	
	4.2 Research Questions	
	4.3 Objectives	
	4.4 Grounded Theory	
	4.5 PRISMA Guidelines	
	4.6 Sample and Sampling Techniques	
	4.7 Procedure	
	4.8 Measures	
	4.9 Data Analysis	
5.	Expected Outcomes	16
6.	Implications	17
	References	
	Similarity Verification Report	
	Grammarly Report	

1. Introduction

1.1 Excessive Alcohol Consumption- Epidemiological and Biomedical Viewpoint

Alcohol Consumption is an emerging health concern in India and is considered a leading risk factor for the global burden of disease (Balhara et al., 2021; Rastogi et al., 2022). According to the National Mental Health Survey 2015-16, Alcohol Use Disorder (AUD) is the second most prevalent mental health concern in our country (Murthy, 2017). The Diagnostic and Statistical Manual for Mental Health Disorder 5- text revised version, provides detailed criteria for effective diagnosis. It is described as a severe psycho-physiological condition that leads to significant disruptions and distress in the day-to-day functioning of the individual, the clinical features of which include- consuming alcohol in more significant amounts than the prescribed or intended limits, a strong, persistent desire or craving to drink despite experiencing its ill effects, spending most of one's time in consuming or obtaining access to alcohol and often marked by failure to complete daily life tasks and responsibilities (American Psychiatric Association, 2022). The 2019 International Classification of Diseases 11th edition also elaborates on Alcohol Dependence- as a disorder of regulation arising from repeated consumption. Often marked by a strong internal drive to use alcohol despite the negative consequences it has one one's overall health, and may also include symptoms of withdrawal and, or tolerance (Saunders et al., 2019).

The National Family Health Survey- 5 (2019-21) provides information on alcohol consumption patterns for twenty states and eight union territories. It suggests that 22% of men and just 1% of women consume alcohol, the use of which is the highest in Goa among males and in Arunachal Pradesh among females (International Institute for Population Sciences, 2021). Across all the editions of NFHS, it was concluded that religion and social category are the only prominent sociodemographic variables that influence alcohol consumption- Christian men and individuals belonging to the scheduled castes and tribes being the highest consumers of the substance (Balasubramani et al., 2021; International Institute for Population Sciences, 2021). However, factors like- stigma around this issue, lack of consent from the drinkers to engage in a conversation about this issue, social desirability, and memory biases, to name a few, could have impacted the results of various epidemiological studies conducted to understand the true nature of alcohol consumption pattern in India (Rastogi et al., 2022).

Excessive alcohol consumption poses various psychological, social, and physiological challenges to the patient, including- alcoholic liver disease, cardiac complications, digestive

problems; increased aggression and risky behaviors; poor memory, speech, and judgment; severe personality changes and neurological concerns; disturbed relationships with family, occupation and community members (Alcohol's Effects on the Body | National Institute on Alcohol Abuse and Alcoholism (NIAAA), n.d.; Ramanan & Singh, 2016; Ramanujam et al., 2017; Eashwar et al., 2020). The weakened immunity of the consumer due to alcohol can cause infections such as tuberculosis, pneumonia, and even HIV due to reckless indulgence in unprotected sexual activities (Romeo et al., 2010; Rehm, 2011). Alcohol has also been categorised as group 1 carcinogen by International Agency for Research on Cancer (IARC). It causes cancer of liver, oral cavity, breast, oesophagus, pancreas and prostate (Bagnardi et al., 2014). Due to impaired cognitive and motor functioning, alcohol is also one of the leading causes for vehicular accidents leading to brain injuries (Cremonte & Cherpitel, 2014).

1.2 Psycho-Socio-Cultural Aspects of Excessive Alcohol Consumption

Although, there are no universal set of reasons and causes explaining alcohol consumption, researchers have identified certain shared features that underly this behaviour despite its ill effects on one's health. Social acceptance into a community, improved mood and positive affect, having a good time, reduced stress and negative emotional experiences, social conformity, coping with anxiety, are some of the commonly reported reasons for indulgence in alcohol consumption (Sæther et al., 2019; Müller et al., 2023). However, few studies have quoted that not just the social factors, but also the individual traits and preferences, such as dysfunctional personality traits, self-regulation mechanisms, the social contexts in which an individual prefers to drink, highly influence this behaviour (Creswell, 2020; Müller et al., 2023).

In India, alcoholism and related issues are more prevalent in the male population (Murthy, 2017). Hence, the wives of these patients have to undergo a significant challenge to deal with the illness, the ill and the household. The additional burden of conforming to the patriarchal power dynamics of gender roles, also increases men's problematic drinking behaviour, playing a substantial role in the wives' mental and emotional health and significantly reduces their help seeking behaviours (Giusto & Puffer, 2018). Such issues play a vital role in the development and implementation of interventions and, or treatment programs for spouses of individuals with alcohol-related concerns. Despite the prevalent psychological, social and cultural impact of alcohol, the underlying mechanisms to facilitate its problematic consumption have not been

the focus of many psychological studies, and also lesser understood in sociology and other related disciplines. Furthermore, as societies and cultures evolve, alcohol consumption also changes and that must be studied from a holistic viewpoint. The policy structure of a country also plays a significant role in propagating the problems associated with the substance. Alcohol is being consumed in our country, substantially higher than other substances, and yet there is lack of a comprehensive national policy dedicated to the regulation of marketing, sales, and consumption of alcohol in the country (Parmar et al., 2023). There are concerns regarding the enforcement of alcohol related policies such as its advertisement, its pricing and availability, age limits attached, drink-driving laws, trade of the substance, to name a few (Schess et al., 2023). The independent and fragmented efforts of state in regulating the use of substance makes it even harder to prioritize the prevention and treatment of alcohol related disorders and illnesses since it weakens the health system overall (Schess et al., 2023).

Alcohol Consumption is often considered a family disease and impacts its system on multiple levels of functioning (Sarkar et al., 2016; Vadher et al., 2020). Excessive Alcohol Consumption poses severe challenges to the family members who look after the daily needs of the patient, who are often unable to perform crucial tasks of survival such as eating, bathing, dressing up, etc. These in-house, informal care providers are termed Primary Caregivers or PCGs (Kadam et al., 2020; Sharma et al., 2021). Family members of such patients have reported heightened stress and burden of caregiving, psychological distress such as depression and anxiety, poor communication patterns and unmet attachment needs, increased financial hardships, violence in the household, experiences of hyperactivity, aggression, and emotional outbursts in children and harsh parenting leading to child maltreatment (Maina et al., 2021; Harwin & Barlow, 2022).

1.3 Spouses of Individuals with Excessive Alcohol Consumption

In a culture like ours, looking after a sick family member is often meant to be a responsibility and adds to the burden of managing the patient, as well as the household since a joint family structure is often seen in our land (Kadam et al., 2020). The Indian literature has identified that the majority of the Primary Caregivers (PCGs) are the spouses of the patient, and they experience significant stress, and psychosocial burden and have poor mental and emotional health (Gohil et al., 2016; Dandu et al., 2017; Ravindran & Joseph, 2017; Rathee et al., 2022). Spouses report heightened psychopathology of mood and anxiety disorders, impairments in social functioning, neglected physical and emotional needs, poor self-esteem, increased burden

of the caregiving process along with handling the financial needs of the household, and increased risk of suicidal ideations and behaviors (Sharma et al., 2016; Patkar et al., 2021). Impairment in all aspects of marital life satisfaction. such as emotional, sexual and social adjustment is also commonly seen (Fatima et al., 2015). The stigmatized decision of deciding to not stay with the alcoholic spouse, leaves them in a helpless situation where female spouses are mostly financially dependent on the husband or the in-laws. This also leads to a cycle of intimate partner violence, poor coping mechanisms used to deal with the situation, and an overall increased burden (Ravindran & Joseph, 2017; Kadam et al., 2020). The partner with alcohol consumption problems, often under the influence of the substance, creates an unhealthy environment at home, which is marked by ineffective communication patterns, feelings of loneliness, frustration and embarrassment in the spouse, unemployment causing economic distress, disruption in family leisure activities and usual routine (Rathee et al., 2022). Spouses often go to extreme lengths to avoid this type of hostile environment at the household, and often take up the responsibility of improving the situation, on their shoulder. This again leads them to overlook their mental health; and their emotional as well as physical needs (Sen et al., 2016). Gradually, when the conditions do not improve, spouses indulge in complete withdrawal and end up with a compromised quality of life.

Psychosocial interventions have gained much importance and relevance in dealing with such issues about alcohol and its impact on spouses. Integrated Cognitive Behavioural Intervention has been found to reduce intimate partner violence (IPV) among the spouses, while also improving their psychological complications, such as reduction in depressive symptoms (La Flair et al., 2012; Satyanarayana et al., 2016; Wilson et al., 2020; Dixit et al., 2023). WHO recommends looking at IPV from an ecological perspective, stating that its causes and implications can be seen at intrapersonal, interpersonal, community and society level (Wilson et al., 2014). Contingency Management and Alcohol Focused Couples Therapy used together, have also shown improvements in communication among the partners, emotional regulation within the relationship, which further reduces the risk factors for problematic drinking, and reduction in the alcohol consumption and its subsequent intimate partner violence (Hartmann et al., 2020). Other interventions, such as Alcohol Behavioural Couples Therapy have been proven to be effective in improving the couple's relationship outcomes, as well as reduction in the alcohol consumption of the patient (Schumm et al., 2014; McCrady et al., 2019).

Western approaches to intervention for spouses and alcohol consumers often fall short in the Indian context due to high attrition rates and socio-cultural variations (Murthy et al., 2010).

Our social fabric, cultural nuances, and the very nature of alcohol use in India differ significantly. To develop culturally relevant and effective support systems, one must first delve into the intricacies of Indian drinking habits and their profound impact on couples' lives. The present research forms the cornerstone of that effort.

2. Literature Review

In an intervention-based study by **Jovanova et al., 2023,** the efficacy of psychological distance reminders was checked in alcohol abusing young adults. For this, regular smartphone reminders, and brief in-person training to manage alcohol related cues, were delivered to the individuals. The focus of these interventions was to help the person create psychological distance from the substance by promoting mindfulness, avoiding automatic responses to triggers, and encouraging them to move towards healthier options. The results indicated that the frequency of alcohol consumption reduced over a month. However, no notable impact was observed in the amount of consumption per occasion.

Müller et al., 2023 studied the psychological mechanism of self-regulation and its role in alcohol consumption across the lifespan. This research brings in a diverse perspective on how alcohol has been used as a coping mechanism by individuals from various age groups. It also reflects on how self-regulation is not just a mechanism to reduce or remain abstinent from alcohol, but also as a mechanism to maintain the consumption despite the ill health effects. During adolescence, regulating oneself to consume alcohol despite the fear of getting caught, but also regulating oneself to drink in amounts that reduce their stress is a widespread psychological mechanism. Similarly, during adulthood, self-regulation comes into play when the individual plans when and where to drink or to prevent oneself from getting caught. The study concludes by stating the importance of self-management techniques to navigate through the treatment process.

A phenomenological study by **George & Devi, 2022** analysed the lived experiences of spouses of alcohol dependent partners. The women, selected over the age of 25 years, displayed a diverse set of problems and challenges such as marital discord, and physical and emotional misery, financial burden, strained social lives, hopelessness, pain, fatigue, physical violence, and were at an increased risk of injuries inflicted by the partner due to the substance. The research also highlighted the coping mechanisms used by the spouses, including both adaptive

and mal-adaptive ones, such as- withdrawing from family and friends, emotional blunting, taking charge of the problem and helping the partner through recovery, having faith and hope for changes and using silence to avoid conflicts. Other commonly experienced issues include lack of trust and connect in the relationship, poor communication patterns often marked by arguments, and an overall compromised well-being.

Creswell, **2020** gave a social-contextual framework for the risk of developing an alcohol use disorder in adolescents and young adults. It explains how individual differences, along with the social context in which a person consumes alcohol, act as a risk mechanism for alleviating the consumption of the substance. The model suggests that individuals who prefer drinking alone usually do so to cope with the negative emotions and to reduce tension, and those who prefer drinking in a social setting with people around them do so to experience joy and positive emotions. These pathways are said to be bi-directional, where the individual preference and the social settings influence each other. Both these pathways are equally responsible for developing symptoms of alcohol use disorder if not managed effectively. This model has given a brushed-up understanding of the development of alcohol concerns.

Fairbairn & Testa, 2016 researched about the mechanisms underlying the link between dissatisfied intimate partner relationships and alcohol consumption. Couples lying in the age group of 21 to 45 years were selected and the findings indicated that individuals with a low relationship quality experienced more positive interactions with their partners when in the 'alcohol high'. These interactions were marked by improved performance in conflict resolution tasks, negative behavioural reciprocity during communication, enhanced self-reported mood and social outcomes. This suggested that alcohol-led social reinforcements and interactions can potentially improve relationship outcomes. On the other hand, no significant effect of alcohol was seen in individuals experiencing relationship satisfaction while being sober. It was hence concluded that inter-partner dynamics can be an influential factor while working on treatment programs for alcohol consumption.

In another study by **Sudhinaraset et al., 2016,** multiple micro and macro level factors influencing alcohol use were identified following an extensive review of western literature. Based on a social-ecological framework, this study highlights the role of media in shaping social norms around alcohol consumption by showing it as glamours, fun and desirable, hence normalizing it. The advertisements usually target people from specific age groups and cultural backgrounds, and also certain kinds of liquor, making its use even more targeted and standard.

From a micro perspective, this study also concludes that neighbourhoods having access to liquor shops, having people around who normalize excessive consumption in their own families and communities, parental influence and family dynamics act as risk factors for this issue. The research concludes with specific practical and policy-based implications to tackle this rising problem. This includes having tailor-made interventions that are culturally and socially appropriate, inclusion of family, peers and community at large to reduce harmful consumption, bringing in education and awareness, and having regulated guidelines for the sale and advertisement of alcohol.

Hasking et al., 2015 studied the interactional relationship between rewards' sensitivity and drinking behaviours, mediated by alcohol expectancies and drinking refusal self-efficacy in adults. The results revealed that sensitivity to rewards attached with drinking, were associated with alcohol related concerns, through increased confidence and belief in self, that one will be able to limit the drinking in a social situation. Similarly, it was also observed that sensitivity to punishment such as feeling emotionally distressed, might also result in alcohol dependent behaviours, through negative alcohol expectancies. The individual then consumes the substance as a coping measure which provides emotional relief; and these pattern along with low self-efficacy for drinking refusal causes problematic use of alcohol. This integrated model explains the potential social, cognitive and behavioural factors that influence drinking behaviours, and calls for detailed understanding of the issue and tailored interventions.

Castro et al., 2014 did an in-depth analysis of previous researches on alcohol consumption, to understand the associations of culture and society with alcohol use. It was seen that the disruptive effects of acculturation, migration, development of a more westernized and formal society from the earlier informal and casual settings, and transitions in cultures at large depicting alcohol as a mark of prestige and social power are a few common risk factors that have shaped up the current trends of alcohol consumption. In addition, the ritualistic use of the substance in specific communities, and its usage as a part of the identity and heritage of certain groups, have also gained importance of relevance in the research domain. It is this cultural pattern that must be the focus of future studies.

3. Rationale

Excessive Alcohol Consumption leads to significant impairments in the life of the consumer and also the people around them. Instead of looking at it from a bio-medical or a disease perspective as already done in previous epidemiology-based studies (Murthy, 2017; Balhara et al., 2021; Rastogi et al., 2022), the aim of the present research is to grasp a detailed understanding of the various intricacies of excessive alcohol consumption. Substance related any difficulty such as abuse or dependence has often been seen as a family issue (Sarkar et al., 2016; Vadher et al., 2020), and this calls for exploration of not just psychological, but also social perspectives on the same. This comprehensive psycho-social view of excessive alcohol consumption is the primary rationale behind taking up this research. As evident in the Indian literature, spouses are the primary caregivers of alcohol consumers, and they first-handily face the direct ill effects of the substance (Rathee et al., 2022; Ravindran & Joseph, 2017; Kadam et al., 2020). Hardly any literature has catered to understanding the role of social factors in light of this prevailing issue, and investigated how they influence the life of the consumers, their partner, and the changing dynamics of a marital relationship.

Another significant research gap found was a lack of in-depth qualitative understanding of all the possible aspects of excessive alcohol consumption, from a couple's perspective. Studies have focused either on the consumer or their spouse individually, without catering to and understanding the needs, challenges and experiences of the couple as a whole unit and their marital life. Caregivers' perspectives have been studied but majorly from a quantitative viewpoint (Wilson et al., 2020; Hartmann et al., 2020; Rathee et al., 2022), and commonly studied topics include- burden, distress, psychological well-being, quality of life, and marital satisfaction (Sen et al., 2016; Sharma et al., 2016; Patkar et al., 2021; Rathee et al., 2022). Hence, the in-depth experiences of living with a partner with excessive alcohol consumption is something that is lesser explored from a qualitative and comprehensive viewpoint. There are a few interventions in forms of social support groups for such families, that have gained importance among private practitioners. However, due to the lack of structure, feasibility, and scientific evidence, such programs have not been widely accepted and used.

Another gap that this research targets is the identification of self-help strategies used by the couples to deal with the problems in their relationship, arising due to excessive alcohol consumption. Previous studies have mapped the coping strategies of the partners only and not of the consumer (Sharma et al., 2016; Quadras et al., 2024). This research is an addition to the

available literature and knowledge base, focusing on the shift from illness to wellness, and aims to holistically understand the couple's experiences, both positive and negative.

In the present study, the term 'Undertones' refers to all the underlying psychosocial causes and impacts of excessive alcohol consumption on the consumer and their partner. It also encapsulates the experiences of the couple as a unit, with alcohol influencing their marital relationship. The term 'Excessive Alcohol Consumption' has been defined as per Stage III- 'Harmful Consumption' and Stage IV 'Severe Consumption' of Alcohol Use Disorder Identification Test (AUDIT). Here, the consumer has started experiencing the adverse effects of alcohol and requires specialized treatment to facilitate sobriety (Saunders et al., 1993). Individuals lying in either of these two stages experience problematic and excessive alcohol consumption, the effects of which can then be seen on the personal and social lives as well. In order to operationalize the term 'Couples' for the present study, it is defined as two heterosexual individuals legally married and living together for at least one year. Multiple surveys and research studies have given mixed results on the relationship between alcoholism and the duration of marriage, the socio-economic status of the consumer, educational qualifications, and other sociodemographic variables; the relationship between the substance and the burden on the caregivers were also found to be the same irrespective of the income, residential and regional status (R et al., 2014; Thivakar et al., 2019; Balasubramani et al., 2021). The inclusion criteria have thus been designed as such.

In light of the gaps mentioned above, the present research aims to uncover and explore the complex psycho-social intricacies underlying excessive alcohol consumption among Indian couples.

4. Methodology

4.1 Aim- to explore the psycho-social undertones of excessive alcohol consumption in Indian couples

4.2 Research Questions-

1. What are the psychological triggers and motives behind excessive alcohol consumption?

2. What are the social narratives around this issue and how these influence the drinking behaviours?
3. What role does family and social relationships play in the consumption behaviours?
4. What is the impact of excessive alcohol consumption on the consumer and the partner, and how it influences the relationship dynamics?
5. Can there be a comprehensive viewpoint that explains the intricacies of excessive alcohol consumption concerning the relationship dynamics?

4.3 Objectives-

1. To investigate the lived experiences of people with excessive alcohol consumption and identify their motives behind this behaviour
2. To examine the perceived social norms around alcohol and how these affect the drinking behaviours
3. To examine the role of family relationships in the origination and perpetuation of excessive alcohol consumption
4. To explore the marital dynamics of the couple and explore whether and how the drinking behaviours affect the relationship
5. To propose a comprehensive theoretical conjecture grounded in the experiences of the participants

4.4 Research Design

The present study is an exploratory, qualitative research. A qualitative study makes use of theoretical frameworks that address the subjective meaning that the participant constructs about a phenomenon (Creswell, 2007). It is marked by both inductive and deductive reasoning, gather data from multiple sources and then organize them into categories and themes. This type of research design is commonly used when there is a need to gain a holistic viewpoint on a complex issue, develop theories, and explain the contexts and mechanisms of a social phenomenon (Creswell, 2007).

4.5 Grounded Theory

For the present study, Grounded Theory methodology is adopted for theory construction that explains how excessive alcohol consumption influences the couple's dynamics. Developed by Glaser and Strauss in 1967, Grounded Theory is a method of conducting in-depth qualitative research, that aims to build theories that are closely related to the data gathered, using an inductive approach (Glaser & Strauss, 2017). With this, it is often said that it is a both a data collection, as well as a data analysis method. Critical components of grounded theory research involve- purposive sampling, memoing, coding, constant comparative analysis, and data generation and analysis (Birks & Mills, 2011; Tie et al., 2019). Here, the approach followed is Charmaz's Constructivist School of Thought (Charmaz, 2006). The focus is on "construction" of the theory, centring around the participant's subjective experiences and interpretation of the phenomena. Researcher is an active entity in the process of investigation, hence the theory constructed, is also rooted in multiple realities and researcher's reflexivity, allowing him/her to reflect on their assumptions as well. Often relying on symbolic interactionism and constructivist perspective, the process involves understanding and co-constructing the subjective and symbolic meanings that participants ascribe to their social interactions, behaviors and other phenomena. Hence, rather than developing theories, the researcher aims at constructing them (Tie et al., 2019). It is a flexible approach to the research process and allows researchers to follow data, and to adapt to and change questions as dictated by collected data (Charmaz, 2006, 2020). Another rationale behind taking up this school of thought is the freedom to have more than one core category, allowing detailed exploration of the phenomena from multiple angles (Sebastian, 2019).

Alcohol as a problem is not just an individual's biomedical reality, but also about the psychological and social experiences attached with it, and every individual constructs his reality around it. The paradigm chosen provides the opportunity to delve deeper into this concern, without being too prescriptive in nature, and instead incorporating the multiple perceptions of the participants about the phenomena.

4.6 PRISMA Guidelines

The study also uses Preferred Reported Items for Systematic Reviews and Metal Analysis (PRISMA) guidelines to analyze secondary data. It is a set of procedures to be followed while conducting a literature review for the purpose of systematic analysis. It is both a data collection, as well as an analysis method that ensures transparency in the process of review and guides

literature search (Page et al., 2021). Here, these guidelines will be used to review any secondary data available such as the existing theoretical models that explains various aspects of excessive alcohol consumption. This review will help in gaining an understanding of how alcohol concerns and its' various intricacies exist in the Indian context. This would also help in substantiating the findings of the primary data analysis.

4.7 Sample and Sampling Techniques

First, potential candidates will be contacted through hospitals and, or rehabilitation centres. Purposive sampling and snowball sampling techniques will be employed for the same (Glaser & Strauss, 2017; Tie et al., 2019). Based on the inclusion-exclusion criteria, 30 couples will be screened for the final interview (Creswell, 2007; Sarfo et al., 2021; Bekele & Ago, 2022). Out of these 30 couples, only 15 will be interviewed initially, based on systematic random sampling, where every second couple will be included. This process is referred to as Theoretical Sampling. After the initial coding of these interviews, the remaining 15 couples will be then interviewed later. The sampling process also depends on theoretical saturation, the stage in research where the data generates no newer insights. Hence, the number of participants can be increased or decreased per sufficient field visits.

Data triangulation will be achieved by- interviewing both the partners, and reviewing secondary data that explains the psycho-social intricacies of excessive alcohol consumption. For the sampling of secondary data to be included in the study, a systematic review will be conducted using the PRISMA guidelines (Page et al., 2021).

Table 1- Inclusion- Exclusion Criteria (source- self)

Inclusion	Exclusion
Problematic alcohol consumption is most prevalent in individuals aged above 21 years (Murthy, 2017); for the present study, consumers from middle adulthood, that is, 30-45 years, will be included (Pelz et al., 2024).	Consumers below 30 years and above 45 years will be excluded.
Spouses aged at least 25 years or above will be selected (Satyanarayana et al., 2016).	Spouses below the age of 25 will be excluded.

Couples legally married, and staying together for at-least one year (O'Farrell & Fals-Stewart, 2012; Kelley et al., 2016; Kumar et al., 2019) will be selected.	Un-married, divorced or separated (not living together), living together but for less than a year, and living together but not married, will be excluded.
During Phase 1 of the study, only those individuals lying in the risk zones, which are- Zone 3 and 4, of AUDIT, will be included.	Individuals who lie in the safe zones of AUDIT, that are Zone 1 and Zone 2, will be excluded.
Couples with at-least graduation completed will be selected for the study.	Couples without basic graduation will be excluded.
Individuals who are enrolled in only the 12-step program for alcohol de-addiction will be included.	Individuals who are not enrolled in the 12-step program OR are undergoing any other type of psychological therapy for alcohol de-addiction, will be excluded.
Couples where only one partner indulges in excessive alcohol consumption, and no other substance abuse will be included.	Couples where both the partners have excessive alcohol consumption issues or there is a co-morbidity with other substances, will be excluded.

4.8 Procedure

The present study is divided into four interconnected phases.

Phase I- It involves pre-liminary screening using AUDIT as discussed in the earlier sections.

Phase II- Out of the 30 screened couples, only 15 will be interviewed first. The focus of these interviews will be on understanding the lived experiences of the consumers with alcohol and the challenges faced by the spouses in the process of caregiving for them. The questions will be kept relatively open ended so that a rich data can be gathered. The recordings of these 15 interviews will be transcribed in a verbatim style. Referred to as Theoretical Sampling in grounded theory (Glaser & Strauss, 2017), this is done so that the first level of initial coding can be achieved, guiding the rest of the data collection process. It involves starting with data, constructing tentative ideas about that data, and then sampling theoretically so as to obtain data to help explicate the existing categories (Charmaz, 2006). It is part of an iterative methodological process involving data collection and data analysis, with each aspect informing the other.

Phase III- The rest of the 15 couples will be interviewed to fill out gaps in the already coded data, generating more detailed inquiry towards essential issues about the marital relationship and life, as highlighted in the data set generated earlier, develop categories through focused coding, and theoretical coding; achieve theoretical sensitivity and eventually saturation (Tie et al., 2019; Charmaz & Thornberg, 2020).

Phase IV- This will involve a constant comparative analysis to form categories out of the frequently occurring initial codes. This process is called- Focused Coding. Here, the researcher moves back and forth with the data sets collected, and hence categories emerged are deeply rooted in the participants' experiences. Finally, using Theoretical Coding, core categories will be identified and a storyline will be constructed around it, linking all the other categories to these (Tie et al., 2019). Towards the end, the study will propose a comprehensive theory of psycho-social intricacies of excessive alcohol consumption impact on the lives of couples as a unit. Hence, Phases II, III and IV will occur in a cyclic nature, also going back and forth with the data, to check for similarities and differences in the context related understanding of alcohol consumption. The theory constructed will explain the impact of alcohol on the couple's functioning.

4.9 Measures

1. *Alcohol Use Disorder Identification Test*- AUDIT is a 10-item tool that screens and assesses alcohol consumption and related problems. It was developed by the WHO and is culturally appropriate (Saunders et al., 1993). For the present study, the Hindi version of the tool will be used (Balhara & Dayal, 2016). It has been validated in the Indian population and has been found to have excellent internal reliability, with 0.92 Cronbach alpha levels. It is also widely used in our cultural settings (Pal et al., 2004; Chinnakali et al., 2018). Each of the ten questions has five possible responses, and the scoring system ranges from 0 to 5. The total score is obtained by simply adding the scores across all items. Ranging from 0 to 40, the scores have been divided into four zones, with each describing the potential risk levels involved due to alcohol consumption (Saunders et al., 1993). For the present study, this tool will be used for screening purposes only, and the consumers lying in zones 3 and 4 will be selected for actual data collection/ interview-

Table 2- Risk Zones for Alcohol Use Disorder (source- Saunders et al., 1993)

Risk Level	AUDIT Score	Interpretation and Suggestions
ZONE 1	0-7	Low-risk drinking or complete abstinence; alcohol education can be provided.
ZONE 2	8-15	Excessive alcohol use with low risks involved; advice and guidance and alcohol education are appropriate.
ZONE 3	16-19	Harmful and hazardous drinking; brief counseling/ intervention and continued monitoring is required.
ZONE 4	20-40	Highest risk zone; referring to a specialist for diagnosis and treatment is a must; requires primary care and support.

2. *Semi-Structured Interview Schedule*- To explore and understand the psycho-social aspects of excessive alcohol consumption, and its impact on the lives of consumer as well as the partner, a semi-structured interview schedule will be developed. It will consist of open-ended questions, which the participant can answer in detail and probing can be done wherever necessary; ensuring an in-depth and detailed enquiry. The interview will take place in a couple setting and will be conducted with each of the selected couple. Even though the respondents are free to give elaborative answers, having a schedule as such guides the course of the interview, keeping the focus on the objectives of the present study (Jamshed, 2014). The schedule will be divided into two sections. Section I would cater to the understanding the psycho-social nuances of alcohol consumption, and its impact on the consumer. Section II would deal with the partner's challenges and how alcohol has impacted the marital relationship.

   Before administration, the interview schedule will be rated by experts from rehabilitation psychology, clinical psychology and qualitative research background.

   Data collection will not be restricted to a single interview per couple; instead, it is contingent upon the formation of rapport and the extent of in-depth data that can be gathered in alignment with the study's objectives.

4.10 Data Analysis

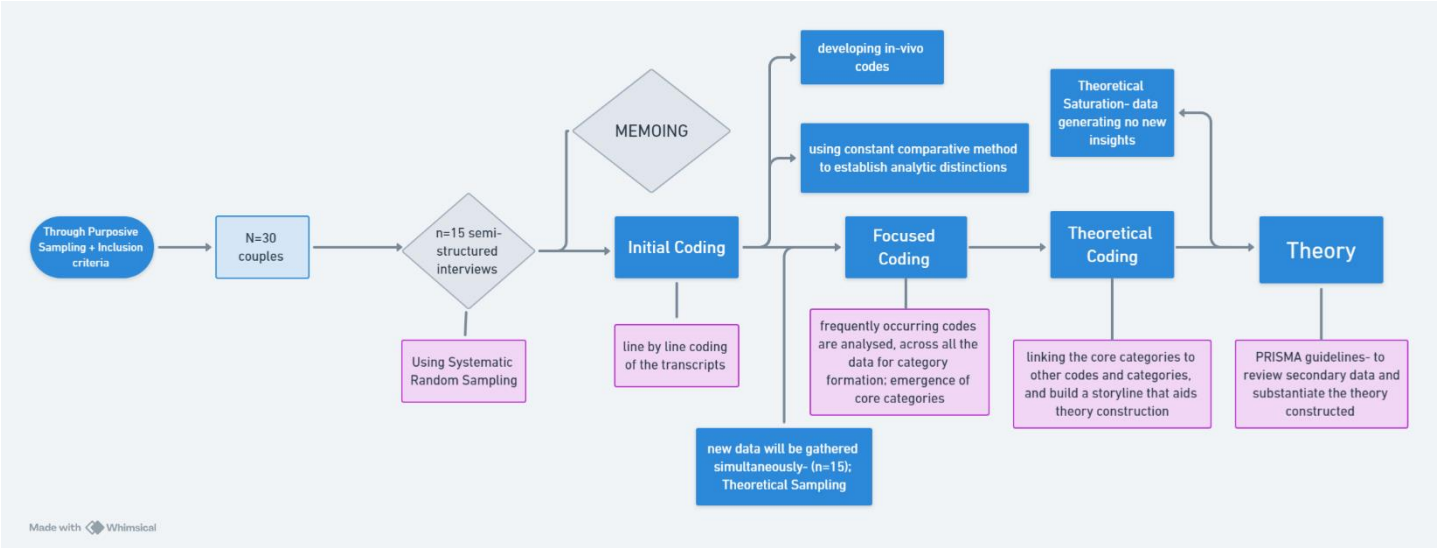
Through Purposive Sampling + Inclusion criteria
N=30 couples
n=15 semi-structured interviews
Using Systematic Random Sampling
MEMOING
developing in-vivo codes
using constant comparative method to establish analytic distinctions
Initial Coding
line by line coding of the transcripts
Focused Coding
frequently occurring codes are analysed, across all the data for category formation; emergence of core categories
new data will be gathered simultaneously- (n=15); Theoretical Sampling
Theoretical Saturation- data generating no new insights
Theoretical Coding
linking the core categories to other codes and categories, and build a storyline that aids theory construction
Theory
PRISMA guidelines- to review secondary data and substantiate the theory constructed
Made with Whimsical

Figure 1- The Iterative Process of Coding in Grounded Theory (source- self)

5. Expected Outcomes

1. An in-depth understanding of excessive alcohol consumption in the Indian scenario will be gained through this study. Highlighting on the social and psychological intricacies, it will also give a holistic image of how alcohol concerns are not just an individual but also a community affair in our context. The psychosocial reasons facilitating consumption, and its impact on the consumer, will be thematized in a grounded fashion.

2. A comprehensive theory explaining the impact of excessive alcohol consumption on Indian couples is another primary outcome of the study. It will explain how alcohol changes the life of not only the consumer, but also their partners and will be closely rooted in the experiences of the participants.

6. Implications

1. Based on the prominent challenges faced by the couple, appropriate measures can be incorporated in the existing treatment plans that focus on the couples as a unit and facilitate the recovery process.

2. The theory constructed will guide the development of interventions that are comprehensive, are culturally relevant and follows up through the needs of both the consumer and their partner.

References

Alcohol's Effects on the Body | National Institute on Alcohol Abuse and Alcoholism (NIAAA). (n.d.). https://www.niaaa.nih.gov/alcohols-effects-health/alcohols-effects-body

American Psychiatric Association. (2022). Diagnostic and statistical manual of mental disorders (5th ed., text rev.). https://doi.org/10.1176/appi.books.9780890425787

Bagnardi, V., Rota, M., Botteri, E., Tramacere, I., Islami, F., Fedirko, V., Scotti, L., Jenab, M., Turati, F., Pasquali, E., Pelucchi, C., Galeone, C., Bellocco, R., Negri, E., Corrao, G., Boffetta, P., & La Vecchia, C. (2014). Alcohol consumption and site-specific cancer risk: a comprehensive dose–response meta-analysis. *British Journal of Cancer*, *112*(3), 580–593. https://doi.org/10.1038/bjc.2014.579

Balasubramani, K., Paulson, W., Chellappan, S., Ramachandran, R., Behera, S. K., & Balabaskaran Nina, P. (2021). Epidemiology, Hot Spots, and Sociodemographic Risk Factors of Alcohol Consumption in Indian Men and Women: Analysis of National Family Health Survey-4 (2015-16), a Nationally Representative Cross-Sectional Study. *Frontiers in Public Health*, *9*. https://doi.org/10.3389/fpubh.2021.617311

Balhara, Y. P. S., & Dayal, P. (2016, January). Development of Hindi Version of Alcohol Use Disorder Identification Test (AUDIT): An Update. *Indian Journal of Psychological Medicine*, *38*(1), 85–86. https://doi.org/10.4103/0253-7176.175138

Balhara, Y. P. S., Chattopadhyay, A., & Sarkar, S. (2021). The "Hidden Story" about Change in Alcohol Use in India over the Past Two Decades: Insights from a Secondary Analysis of Data from the National Family Health Survey. *Indian Journal of Psychological Medicine*, *44*(3), 234–238. https://doi.org/10.1177/02537176211033004

Bekele, W. B., & Ago, F. Y. (2022). Sample Size for Interview in Qualitative Research in Social Sciences: A Guide to Novice Researchers. *Research in Educational Policy and Management*, *4*(1), 42–50. https://doi.org/10.46303/repam.2022.3

Birks, M., & Mills, J. (2011). *Grounded Theory: A Practical Guide*. https://www.amazon.com/Grounded-Theory-Practical-Melanie-Birks/dp/1848609930

Castro, F. G., Barrera, M., Mena, L. A., & Aguirre, K. M. (2014). Culture and Alcohol Use: Historical and Sociocultural Themes From 75 Years of Alcohol Research. *Journal of Studies on Alcohol and Drugs. Supplement*, *s17*, 36–49. https://doi.org/10.15288/jsads.2014.s17.36

Charmaz, K. (2006). Constructing grounded theory : a practical guide through qualitative analysis. In *Sage eBooks*. http://ci.nii.ac.jp/ncid/BA79601482

Charmaz, K., & Thornberg, R. (2020). The pursuit of quality in grounded theory. *Qualitative Research in Psychology*, *18*(3), 305–327. https://doi.org/10.1080/14780887.2020.1780357

Chinnakali, P., Kumar, A., Ramaswamy, G., Majella, M., Bharadwaj, B., & Roy, G. (2018). Alcohol, harmful use and dependence: Assessment using the WHO Alcohol Use Disorder Identification Test tool in a South Indian fishermen community. *Industrial Psychiatry Journal*, *27*(2), 259. https://doi.org/10.4103/ipj.ipj_82_15

Choudhary, M. (2016). A Qualitative Study to assess Perceived Burden among Caregivers of Client with Substance Dependence. *International Journal of Nursing Education and Research*, *4*(2), 169. https://doi.org/10.5958/2454-2660.2016.00034.x

Cremonte, M., & Cherpitel, C. J. (2014). Alcohol intake and risk of injury. *PubMed*. https://pubmed.ncbi.nlm.nih.gov/25188654

Creswell, J. W. (2007). *Qualitative inquiry and research design: Choosing among five approaches, 2nd ed.* https://psycnet.apa.org/record/2006-13099-000

Creswell, K. G. (2020). Drinking Together and Drinking Alone: A Social-Contextual Framework for Examining Risk for Alcohol Use Disorder. *Current Directions in Psychological Science*, *30*(1), 19–25. https://doi.org/10.1177/0963721420969406

Dandu, A., Bharathi, S., & Dudala, S. R. (2017). Psychiatric morbidity in spouses of patients with alcohol related disorders. *Journal of Family Medicine and Primary Care*. https://doi.org/10.4103/jfmpc.jfmpc_331_16

Dixit, M., Mukherjee, S., & Rajan, J. (2023). *Alcohol Consumption and Intimate Partner Violence: Evidence from a recent policy in India*. Social Science Research Network. https://doi.org/10.2139/ssrn.4316324

Eashwar, V. M. A., Umadevi, R., & Gopalakrishnan, S. (2020). Alcohol consumption in India– An epidemiological review. *Journal of Family Medicine and Primary Care*, *9*(1), 49. https://doi.org/10.4103/jfmpc.jfmpc_873_19

Fairbairn, C. E., & Testa, M. (2016). Relationship Quality and Alcohol-Related Social Reinforcement During Couples Interaction. *Clinical Psychological Science*, *5*(1), 74–84. https://doi.org/10.1177/2167702616649365

Fatima, N., Panday, R., & Rizvi, A. (2015). Comparative study of marital adjustment and life satisfaction among spouses of patients with alcohol dependence and normal healthy control: a case control study. *International Journal of Research in Medical Sciences*. https://doi.org/10.18203/2320-6012.ijrms20150611

George, M., & Devi, N. B. (2022). The lived experiences of the spouses of alcohol dependent partners: a phenomenological study. *Journal of Global Health Reports, 6*. https://doi.org/10.29392/001c.57376

Giusto, A., & Puffer, E. S. (2018). *A systematic review of interventions targeting men's alcohol use and family relationships in low- and middle-income countries*. Global Mental Health. https://doi.org/10.1017/gmh.2017.32

Glaser, B. G., & Strauss, A. L. (2017). The Discovery of Grounded Theory. In *Routledge eBooks*. https://doi.org/10.4324/9780203793206

Gohil, J. G., Patel, M. K., & Samani, M. J. (2016). Quality of life and psychiatric morbidity in caregiver of alcohol dependence patients. *IOSR Journal of Dental and Medical Sciences*, *15*(08), 98–101. https://doi.org/10.9790/0853-15080198101

Hartmann, M., Datta, S., Browne, E. N., Appiah, P., Banay, R. F., Caetano, V., Floreak, R., Spring, H., Sreevasthsa, A., Thomas, S., Selvam, S., & Srinivasan, K. (2020). *A*

Combined Behavioral Economics and Cognitive Behavioral Therapy Intervention to Reduce Alcohol Use and Intimate Partner Violence Among Couples in Bengaluru, India: Results of a Pilot Study. Journal of Interpersonal Violence. https://doi.org/10.1177/0886260519898431

Harwin, J., & Barlow, C. (2022, October 19). The co-occurrence of substance misuse, domestic abuse, and child maltreatment: Can Family Drug and Alcohol Courts play a part? *Frontiers in Psychiatry*, *13*. https://doi.org/10.3389/fpsyt.2022.989813

Hasking, P., Boyes, M., & Mullan, B. (2015). Reward and Cognition: Integrating Reinforcement Sensitivity Theory and Social Cognitive Theory to Predict Drinking Behavior. *Substance Use & Misuse*, *50*(10), 1316–1324. https://doi.org/10.3109/10826084.2015.1005315

International Institute for Population Sciences (IIPS) and ICF. 2021. *National Family Health Survey (NFHS-5), 2019-21: India Volume I.* Mumbai: IIPS https://rchiips.org/nfhs/NFHS-5Reports/NFHS-5_INDIA_REPORT.pdf

Jamshed, S. (2014). Qualitative research method-interviewing and observation. *Journal of Basic and Clinical Pharmacy*, *5*(4), 87. https://doi.org/10.4103/0976-0105.141942

Jovanova, M., Cosme, D., Doré, B., Kang, Y., Stanoi, O., Cooper, N., Helion, C., Lomax, S., McGowan, A. L., Boyd, Z. M., Bassett, D. S., Mucha, P. J., Ochsner, K. N., Lydon-Staley, D. M., & Falk, E. B. (2023). Psychological distance intervention reminders reduce alcohol consumption frequency in daily life. *Scientific Reports*, *13*(1). https://doi.org/10.1038/s41598-023-38478-y

Kadam, K., Unnithan, V., Mane, M. R., & Angane, A. Y. (2020). *Brewing caregiver burden: Indian insights into alcohol use disorder*. Indian Journal of Social Psychiatry. https://doi.org/10.4103/ijsp.ijsp_117_19

Kelley, M. L., Bravo, A. J., Braitman, A. L., Lawless, A. K., & Lawrence, H. R. (2016). Behavioral Couples Treatment for Substance Use Disorder: Secondary Effects on the Reduction of Risk for Child Abuse. *Journal of Substance Abuse Treatment*, *62*, 10–19. https://doi.org/10.1016/j.jsat.2015.11.008

Kumar, S., Srivastava, M., Srivastava, M., Prakash, S., & Kumar, A. (2019). Effectiveness of Behavioral Couple Therapy to Enrich Marital Adjustment in Wives of Alcohol Dependent Spouse. *International Journal of Contemporary Medicine*, *7*(2), 1. https://doi.org/10.5958/2321-1032.2019.00021.4

La Flair, L. N., Bradshaw, C. P., Storr, C. L., Green, K. M., Alvanzo, A., & Crum, R. M. (2012). Intimate Partner Violence and Patterns of Alcohol Abuse and Dependence Criteria Among Women: A Latent Class Analysis. *Journal of Studies on Alcohol and Drugs*. https://doi.org/10.15288/jsad.2012.73.351

Maina G, Mishak B, de Padua A, Strudwick G, Docabo A, Tahir H. Nurses taking the Lead: a community engagement and knowledge exchange forum on substance abuse and addiction in Prince Albert, Saskatchewan. *Nurs Leadersh*. 2017;30(3):80–92 https://doi.org/10.12927/cjnl.2018.25382

McCrady, B. S., Tonigan, J. S., Ladd, B. O., Hallgren, K. A., Pearson, M. R., Owens, M. D., & Epstein, E. E. (2019). Alcohol Behavioral Couple Therapy: In-session behavior, active ingredients and mechanisms of behavior change. *Journal of Substance Abuse Treatment*. https://doi.org/10.1016/j.jsat.2019.01.018

Müller, C. P., Schumann, G., Rehm, J., Kornhuber, J., & Lenz, B. (2023). Self-management with alcohol over lifespan: psychological mechanisms, neurobiological underpinnings, and risk assessment. *Molecular Psychiatry*, *28*(7), 2683–2696. https://doi.org/10.1038/s41380-023-02074-3

Murthy, P., Manjunatha, N., Subodh, B., Chand, P., & Benegal, V. (2010). Substance use and addiction research in India. *Indian Journal of Psychiatry*, *52*(7), 189. https://doi.org/10.4103/0019-5545.69232

Murthy, R. S. (2017). National mental health survey of India 2015–2016. *Indian Journal of Psychiatry*. https://doi.org/10.4103/psychiatry.indianjpsychiatry_102_17

Naeem, M., Ozuem, W., Howell, K., & Ranfagni, S. (2023). A Step-by-Step Process of Thematic Analysis to Develop a Conceptual Model in Qualitative Research.

International Journal of Qualitative Methods, *22*. https://doi.org/10.1177/16094069231205789

O'Farrell, T. J., & Fals-Stewart, W. (2012). *Behavioral Couples Therapy for Alcoholism and Drug Abuse*. Guilford Press. http://books.google.ie/books?id=0qKnhkuWI3cC&pg=PR4&dq=1-59385-324-6&hl=&cd=1&source=gbs_api

Page, M. J., Moher, D., Bossuyt, P. M., Boutron, I., Hoffmann, T. C., Mulrow, C. D., Shamseer, L., Tetzlaff, J. M., Akl, E. A., Brennan, S. E., Chou, R., Glanville, J., Grimshaw, J. M., Hróbjartsson, A., Lalu, M. M., Li, T., Loder, E. W., Mayo-Wilson, E., McDonald, S., McKenzie, J. E. (2021). PRISMA 2020 explanation and elaboration: updated guidance and exemplars for reporting systematic reviews. *BMJ*, n160. https://doi.org/10.1136/bmj.n160

Pal, H. R., Jena, R., & Yadav, D. (2004, November). Validation of the Alcohol Use Disorders Identification Test (AUDIT) in urban community outreach and de-addiction center samples in north India. *Journal of Studies on Alcohol*, *65*(6), 794–800. https://doi.org/10.15288/jsa.2004.65.794

Parmar, A., Balhara, Y. P. S., & Singh, A. (2023). Toward a national policy on Alcohol: A complex public health issue in need of urgent action. *Indian Journal of Psychiatry/Indian Journal of Psychiatry*, *65*(9), 974–978. https://doi.org/10.4103/indianjpsychiatry.indianjpsychiatry_440_23

Patkar, P., Walia, T. S., Singh, I., Chaudhury, S., Saldanha, D., & Diwan, C. (2021). Quality of life and suicidal ideation in wives of men with alcohol dependence: A hospital-based study. *Industrial Psychiatry Journal*, *30*(3), 184. https://doi.org/10.4103/0972-6748.328812

Pelz, B., Thomas, C., & Cleary, T. (2024, January 1). *Chapter 9: Middle Adulthood*. Pressbooks. https://louis.pressbooks.pub/developmentalpsychology/chapter/9-middle-adulthood-2/

R, D., S, G., S, S., Srilalitha, R, S., Ss, S., S, S., & L, D. (2014). A Population based Study on Alcoholism among Adult Males in a Rural Area, Tamil Nadu, India. *Journal of Clinical and Diagnostic Research*. https://doi.org/10.7860/jcdr/2014/6308.4411

Rastogi, A., Manthey, J., Wiemker, V., & Probst, C. (2022). Alcohol consumption in India: a systematic review and modelling study for sub-national estimates of drinking patterns. *Addiction*, *117*(7), 1871–1886. https://doi.org/10.1111/add.15777

Rathee, S., Kumar, V., Singh, B., Singh, P., & Gupta, R. (2022). Family burden among caregivers of alcohol dependence: A cross-sectional study. *Open Journal of Psychiatry and Allied Sciences*, *13*(1), 10–14. https://doi.org/10.5958/2394-2061.2022.00003.9

Ravindran, O. S., & Joseph, S. A. (2017). Loss of coping resources and psychological distress in spouses of alcohol dependents following partner violence. *Indian Journal of Social Psychiatry*, *33*(3), 202. https://doi.org/10.4103/0971-9962.214594

Rehm, J. T. (2011). The risks associated with alcohol use and alcoholism. *PubMed*, *34*(2), 135–143. https://pubmed.ncbi.nlm.nih.gov/22330211

Romeo, J., Wärnberg, J., & Marcos, A. (2010). Drinking pattern and socio-cultural aspects on immune response: an overview. *Proceedings of the Nutrition Society*, *69*(3), 341–346. https://doi.org/10.1017/s0029665110001904

Sæther, S. M. M., Knapstad, M., Askeland, K. G., & Skogen, J. C. (2019). Alcohol consumption, life satisfaction and mental health among Norwegian college and university students. *Addictive Behaviors Reports*, *10*, 100216. https://doi.org/10.1016/j.abrep.2019.100216

Sarfo, J., Debrah, T., Gbordzoe, N., Afful, W., & Obeng, P. (2021). Qualitative Research Designs, Sample Size and Saturation: Is Enough Always Enough? *Deleted Journal*, *8*(3). https://doi.org/10.13187/jare.2021.3.60

Sarkar, S., Patra, B. N., & Kattimani, S. (2016). Substance use disorder and the family: An Indian perspective. *Medical Journal of Dr. D.Y. Patil University*, *9*(1), 7. https://doi.org/10.4103/0975-2870.172413

Satyanarayana, V. A., Nattala, P., Selvam, S., Pradeep, J., Hebbani, S., Hegde, S., & Srinivasan, K. (2016). Integrated Cognitive Behavioral Intervention Reduces Intimate Partner Violence Among Alcohol Dependent Men, and Improves Mental Health Outcomes in their Spouses: A Clinic Based Randomized Controlled Trial from South India. *Journal of Substance Abuse Treatment*, *64*, 29–34. https://doi.org/10.1016/j.jsat.2016.02.005

SAUNDERS, J. B., AASLAND, O. G., BABOR, T. F., DE LA FUENTE, J. R., & GRANT, M. (1993, June). Development of the Alcohol Use Disorders Identification Test (AUDIT): WHO Collaborative Project on Early Detection of Persons with Harmful Alcohol Consumption-II. *Addiction*, *88*(6), 791–804. https://doi.org/10.1111/j.1360-0443.1993.tb02093.x

Saunders, J. B., Degenhardt, L., Reed, G. M., & Poznyak, V. (2019, July 23). Alcohol Use Disorders in ICD-11: Past, Present, and Future. *Alcoholism: Clinical and Experimental Research*, *43*(8), 1617–1631. https://doi.org/10.1111/acer.14128

Schess, J., Bennett-Li, L., Velleman, R., Bhatia, U., Catalano, A., Jambhale, A., & Nadkarni, A. (2023). Alcohol policies in India: A scoping review. *PloS One*, *18*(11), e0294392. https://doi.org/10.1371/journal.pone.0294392

Schumm, J. A., O'Farrell, T. J., Kahler, C. W., Murphy, M. M., & Muchowski, P. (2014). A randomized clinical trial of behavioral couples therapy versus individually based treatment for women with alcohol dependence. *Journal of Consulting and Clinical Psychology*, *82*(6), 993–1004. https://doi.org/10.1037/a0037497

Sebastian, K. (2019). Distinguishing Between the Types of Grounded Theory: Classical, Interpretive and Constructivist. *Journal for Social Thought*, *3*(1). https://ojs.lib.uwo.ca/index.php/jst/index

Sharma, N., Sharma, S., Ghai, S., Basu, D., Kumari, D., Singh, D., & Kaur, G. (2016). Living with an alcoholic partner: Problems faced and coping strategies used by wives of alcoholic clients. *Industrial Psychiatry Journal*. https://doi.org/10.4103/0972-6748.196053

Sharma, T., Singh, P. P., & Phulwari, H. (2021). Primary caregivers attitude towards patients with mental illness: a survey study in psychiatric centre, SMS medical college, Jaipur, Rajasthan, India. *International Journal of Indian Psychology*, *9*(1). https://doi.org/10.25215/0901.126

Sudhinaraset, M., Wigglesworth, C., & Takeuchi, D. T. (2016). Social and Cultural Contexts of Alcohol Use: Influences in a Social-Ecological Framework. *PubMed*, *38*(1), 35–45. https://pubmed.ncbi.nlm.nih.gov/27159810

Thivakar, P., Buvaneswaran, M., & Mca, S. (2019). A STUDY ON ALCOHOL CONSUMPTION IN INDIA. *ResearchGate*. https://www.researchgate.net/publication/350823806_A_STUDY_ON_ALCOHOL_CONSUMPTION_IN_INDIA

Tie, Y. C., Birks, M., & Francis, K. (2019). Grounded theory research: A design framework for novice researchers. *SAGE Open Medicine*, *7*, 205031211882292. https://doi.org/10.1177/2050312118822927

Vadher, S., Desai, R., Panchal, B. N., Vala, A. U., Ratnani, I. J., Rupani, M. P., & Vasava, K. (2020). Burden of care in caregivers of patients with alcohol use disorder and schizophrenia and its association with anxiety, depression and quality of life. *General Psychiatry*. https://doi.org/10.1136/gpsych-2020-100215

Wilson, I. M., Graham, K., & Taft, A. (2014). Alcohol interventions, alcohol policy and intimate partner violence: a systematic review. *BMC Public Health*. https://doi.org/10.1186/1471-2458-14-881

Wilson, I. M., Graham, K., Laslett, A., & Taft, A. (2020). Relationship trajectories of women experiencing alcohol-related intimate partner violence: A grounded-theory analysis of women's voices. *Social Science & Medicine*. https://doi.org/10.1016/j.socscimed.2020.113307

Quadras, J., Anitharani, M., & Pradeep, R. J. (2024). Exploring effective coping strategies for wives living with spouses who have alcohol dependence: Insights from focus group

discussions. *Journal of Education and Health Promotion*, *13*(1). https://doi.org/10.4103/jehp.jehp_662_23

MANAV RACHNA
vidyagyan vikasbar

Dr. O.P. Bhalla Central Library
Manav Rachna International Institute of Research and Studies
(A deemed-to-be-university under section 3 of UGC Act 1956)

SIMILARITY VERIFICATION CERTIFICATE

Title: Exploring the Psychosocial Undertones of Excessive Alcohol Consumption in Indian Couples

Researcher: Srishti Singh Kaira
Registration Number: 22-23/PhD/W/003
Supervisor: Dr. Anika Magan
Department: Applied Psychology, SBSS

This is to certify that the above mentioned Short Synopsis/Thesis was scanned for similarity index through iThenticate Software on 21/08/24 with submission ID oid:3618:649 50438 and the similarity index was found to be 3 %. The complete report running into 29 Pages, 8319 Word count with File Size 268.7 KB is being forwarded to the Research Supervisor/DRC/DRB for review.

Date: August 22, 2024

Dr. Rajesh Kumar
University Librarian
Dr. O.P. Bhalla Central Library
Manav Rachna International
Institute of Research & Studies
Faridabad

The complete report of the above Short Synopsis/Thesis has been reviewed and the similarity index is below the accepted norms as per the University Grants Commission (Promotion of Academic Integrity and Prevention of Plagiarism in Higher Educational Institutions) Regulations 2018. The Short Synopsis/Thesis may be considered for further processing

Research Scholar

Research Supervisor
22/8/24

iThenticate®

Similarity Report ID: oid:3618:64950438

PAPER NAME

EXPLORING THE PSYCHOSOCIAL UNDERSTONES OF EXCESSIVE ALCOHOL CONSUMPTION IN INDIAN COUPLES.docx

AUTHOR

Srishti Singh Kaira

Dr. Rajesh Kumar
University Librarian
Dr. O.P. Bhalla Central Library
Manav Rachna International
Institute of Research & Studies
Faridabad

WORD COUNT

8319 Words

CHARACTER COUNT

49965 Characters

Matching Matches less than 14 words

PAGE COUNT

29 Pages

FILE SIZE

268.7KB

SUBMISSION DATE

Aug 21, 2024 5:22 PM GMT+5:30

REPORT DATE

Aug 21, 2024 5:23 PM GMT+5:30

● 3% Overall Similarity

The combined total of all matches, including overlapping sources, for each database.

- 2% Internet database
- Crossref database
- 1% Submitted Works database
- 1% Publications database
- Crossref Posted Content database

● Excluded from Similarity Report

- Bibliographic material
- Small Matches (Less then 14 words)

22/8/24

22/08/24

Summary

3% Overall Similarity

Top sources found in the following databases:

- 2% Internet database
- Crossref database
- 1% Submitted Works database
- 1% Publications database
- Crossref Posted Content database

Dr. Rajesh Kumar
University Librarian
Dr. O.P. Bhalla Central Library
Manav Rachna International
Institute of Research & Studies
Faridabad

Excluding matches
less than 14 words

TOP SOURCES

The sources with the highest number of matches within the submission. Overlapping sources will not be displayed.

1	dspace.stir.ac.uk Internet	1%
2	aassjournal.com Internet	<1%
3	Jean, Pascale Cecile. "The influence of psychological predictors and c... Publication	<1%
4	iieta.org Internet	<1%
5	Adtalem Global Education on 2020-12-04 Submitted works	<1%
6	Molloy College on 2024-04-10 Submitted works	<1%
7	intechopen.com Internet	<1%

Short Synopsis (3)

by Anika Magan

General metrics

61,498	8,537	568	34 min 8 sec	1 hr 5 min
characters	words	sentences	reading time	speaking time

Score

This text scores better than 88% of all texts checked by Grammarly

Writing Issues

298	112	186
Issues left	Critical	Advanced

Plagiarism

This text hasn't been checked for plagiarism

Anika 20/08/24

Anika 20/8/24

Writing Issues

167	**Correctness**
1	Text inconsistencies
9	Misspelled words
5	Mixed dialects of english
8	Punctuation in compound/complex sentences
68	Ungrammatical sentence
13	Comma misuse within clauses
6	Confused words
1	Wrong or missing prepositions
1	Improper formatting
1	Incomplete sentences
1	Incorrect punctuation
1	Incorrect verb forms
2	Pronoun use
9	Incorrect phrasing
3	Misplaced words or phrases
1	Faulty tense sequence
2	Incorrect noun number
2	Faulty subject-verb agreement
1	Closing punctuation
3	Determiner use (a/an/the/this, etc.)
29	Incorrect citation format
5	**Delivery**
3	Inappropriate colloquialisms
2	Tone suggestions

124	**Clarity**	
1	Outdated language	
4	Hard-to-read text	
66	Passive voice misuse	
20	Unclear sentences	
10	Intricate text	
23	Wordy sentences	
2	**Engagement**	
2	Word choice	

Unique Words

Measures vocabulary diversity by calculating the percentage of words used only once in your document

21%

unique words

Rare Words

Measures depth of vocabulary by identifying words that are not among the 5,000 most common English words.

41%

rare words

Word Length

Measures average word length

5.1

characters per word

Sentence Length

Measures average sentence length

15

words per sentence